Creating Eagle Books Events



What is an Eagle Books Event?

A half-day health fair?

A school assembly?

A week-long series of activities?

A culture camp or retreat theme?

A daily or weekly classroom activity?

Other?

It is an occasion—created by your own community—that uses the characters and messages of Eagle Books to bring people together for fun, learning, and motivation to exercise and eat more healthy foods.

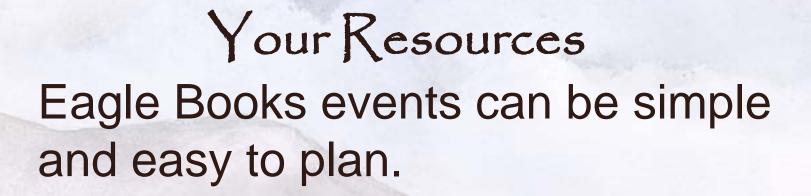
Strength In Numbers

Enlist lots of people to help plan your event.

- health clinics and programs
- teachers and coaches
- school boards

- tribal leaders
- businesses
- youth programs
- parents and grandparents

When embraced by the entire community, lasting healthy lifestyle changes become much more possible.



http://www.cdc.gov/diabetes/pubs/eagle.htm hosts free planning, activity, educational, publicity, and incentive materials.

Check them out!



- Become familiar with resources posted at http://www.cdc.gov/diabetes/pubs/eagle.htm
- Confirm participants and sponsorships
- Select a date and location
- Plan publicity
- Develop event activities

Activity Suggestions

- Diabetes bingo
- Seed planting
- Traditional food tasting
- Drum and dance performance
- Explore how many servings are contained in a package or container and the number of calories per serving

- Visits by safety, health, and sports mascots
- Storytelling by Elders
- Diabetes talking circle
- Exercise and heart rate charting
- Examine fat, sugar, and nutritional content of various foods
- Physical challenges

FYI: IHS Best Practices

Eagle Books activities can be used to support 11 of the Best Practices adopted in 2009 by the Indian Health Service (IHS) for type 2 diabetes programs.

- Community Advocacy
- Community Screening
- Diabetes and Pregnancy
- Diabetes Systems of Care
- Diabetes Self

Management Education

- Nutrition
- Oral Health
- Physical Activity
- School Health and Diabetes
- Youth and Type 2 Diabetes
- Adult Weight Management

Stage Your Event

KNEES LIFTED HEH STATION

AND RESIDENCE OF THE PARTY.

- Deposits physical attaliation (pagings) in banding
- Sees, acceptable meet, a may be been ab-
- I had classes to come up with those for any one. Not call include TV working or when game prigring that model trader in body from through







PLATE PUBL OF COLOR STATION

THE RESERVE AND ADDRESS.

- Part regulation touch in and pale to children in biss forms of markly after but districtions.
- Portion which, should, and the emission and impalation gain the protoner by county with most with the minute.
 comes I may book without.





GAME PLAN









Name and Address of the Owner,

- Does notes, and cost out to the time base of expected and trees yielded and not the story on this roug growth mans, ap their even.
- parts a previously remolects become lost control fourbone during step and to discuss from benefity. Total in these criticism results:





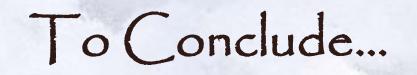
TRICKY TREATS STATION

- "Others for carrier and the patient may have send that products belonging strucks."
- "Produces and the Residence to become award would shadow a declare bugs salarined with "profiles must not be been in the large administrative counts governed and authorized."

Samples of Event Staging

- Divide children into groups and rotate groups from one activity to the next.
- Have the entire group of participants experience one activity at a time.
- Allow each participant to choose the order of activities.

Materials are posted online to support whatever staging works best.



- Wrap up and clean up
- Thank all supporters
- Encourage feedback to determine what worked best and what can be improved
- Plan for next year's event

